



Be Your Own Coach

Lamsquare invite you to join us with a friend

Do you want to know more about yourself, find out your passion and make a change in your life? Yes, and you also need a buddy as a coach besides you to support you and to ensure your determination of moving forward is on progress? Yes!

In this program **Be Your Own Coach**, you will discover your true potentials, strengths, your preference on personal relationships and work environment. You will be guided on how to create more results in your personal and professional life by understanding what success means to you, setting your goal and planning how to get there. You will work with a coaching buddy, so come join this program with a friend or someone you trust. You will learn skills to coach yourself and coach others with a lot of time to practice in class.

You and your coaching buddy will be there for each other in the journey of success.

Date and Time: by appointment to fit your schedule. Two 3-hour sessions.

Investment: MOP6,800 for 2 registrations; MOP12,200 for 4 (include PRISM Brain Mapping report)

Lamsquare Consultant

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